

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Milk or milk products	skim, 1%, or 2% low-fat milk; low-fat or fat-free yogurt	whole milk (4%), chocolate milk
Vegetables	all other vegetables	fried or creamy style vegetables*, tomatoes
Fruits	apples, berries, melons, bananas, peaches, pears	citrus*: such as oranges, grapefruit, pineapple
Breads & grains	all those made with low-fat content	any prepared with whole milk or high-fat
Meat, meat substitutes	low-fat meat, chicken, fish, turkey	cold cuts, sausage, bacon, fatty meat, chicken fat/skin
Fat, oils	none or small amounts	all animal or vegetable oils
Sweets & desserts	all items made with no or low fat (≤ 3 g fat/serving)	chocolate, desserts made with oils and/or fats
Beverages	decaffeinated, non-mint herbal tea; juices (except citrus); water	alcohol, coffee (regular or decaffeinated), carbonated beverages, tea, mint teas
Soups	fat-free or low-fat based	chicken, beef, milk, or cream-based soups

*Individually determined

GASTROESOPHAGEAL REFLUX DISEASE DIET



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GASTROESOPHAGEAL REFLUX DISEASE DIET

PURPOSE

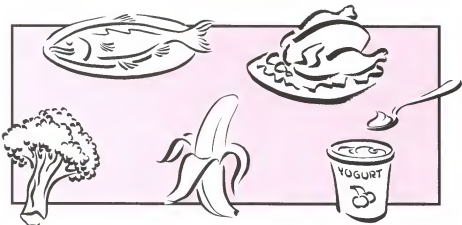
The esophagus is the tube that carries food from the throat to the stomach. However, it is not just a simple tube. The lower esophagus has a specialized muscle around it that usually stays tightly closed, opening only to allow food and liquid into the stomach. It is called the lower esophageal sphincter or LES. It acts to prevent the reflux of stomach acid into the esophagus.

Symptoms occur when this specialized muscle weakens and allows stomach acid to splash up into the esophagus. These symptoms include heartburn, chest discomfort, and bitter fluid flowing up into the mouth. Chest discomfort can occur. If the stomach juice trickles into the breathing tubes, hoarseness, cough, and even shortness of breath can

occur. This entire problem is called GERD (Gastroesophageal Reflux Disease). A number of factors, including certain foods, may cause the lower esophageal muscle to relax, causing GERD.

NUTRITION FACTS

A diet designed to prevent or reduce acid reflux is usually easy to follow. The basic food groups of cereals, vegetables, fruits, dairy products, and meats can be eaten with only a few limitations. This diet generally meets the Dietary Reference Intakes developed by The Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. A vitamin C supplement may be needed if an individual does not tolerate citrus foods such as orange, tomato, etc.



SPECIAL CONSIDERATIONS

The lower esophageal muscle can be weakened by factors other than food. The following recommendations may be helpful in reducing symptoms:

1. Stop using tobacco in all forms. Nicotine weakens the lower esophageal muscle.
2. Avoid chewing gum and hard candy. They increase the amount of swallowed air which, in turn, leads to belching and reflux.
3. Do not lie down immediately after eating. Avoid late evening snacks.
4. Avoid tight clothing and bending over after eating.
5. Eat small, frequent portions of food and snack if needed.
6. Lose weight if overweight. Obesity leads to increased reflux.
7. Elevate the head of the bed six to eight inches to prevent reflux when sleeping. Extra pillows, by themselves, are not very helpful.
8. The following foods aggravate acid reflux, and should be avoided:

fatty or fried foods	peppermint and spearmint
whole milk	creamed foods or soups
chocolates	most fast foods
oils	
9. The following foods irritate an inflamed lower esophagus and may need to be limited or avoided:

citrus fruit and juices	coffee (regular and decaffeinated)
(grapefruit, orange, pineapple, tomato)	tea
caffeinated soft drinks	other caffeinated beverages
10. Spicy or acidic foods may not be tolerated by some individuals.